Introduction

Interest in the issues that are related to aging and long term care services has increased dramatically in recent years. Fueled by concern that the aging baby boom population will impose extreme stress on existing health care systems, both the Federal and State governments have been tracking the growth of the elderly.

The purpose of this Chartbook is to focus on Maryland data related to the projected aging of the population and statistics related to Maryland long term care services. Where available and in comparable format, national data is also included.

The Chartbook is divided into five sections. Statistics on the aging of the population are provided in the first section. This section includes information about the projected growth of the elderly population by race and gender as well as trends and comparisons to national data. Also included in this section of the Chartbook are statistics on disability in the elderly.

The second section shows data describing patient-specific character-istics of residents of Maryland long term care facilities. This includes trends in demographic characteristics, such as age, race, and gender and comparisons to national data.

In the third section, patient-specific characteristics related to activities of daily living are shown. Activities of daily living include an individual's ability to dress, use the toilet, transfer from bed to wheelchair, and to feed oneself.

The fourth section includes information about long term care facilities. This includes statistics on length of stay, occupancy, utilization, and bed-to-population ratios by county.

Finally, elements of long term care financing are discussed. This discussion encompasses the breakdown of current payers for nursing home, subacute, Continuing Care Retirement Community, and assisted living care. Nationwide trends in financing are included as well as statistics on Medicaid spend down and characteristics of nursing home residents by payer source.

The chartbook includes 24 tables and 57 figures with accompanying text and technical notes. Data for the Chartbook have been drawn from several national and state sources. National demographic and population information was obtained from the U. S. Bureau of the Census and the U.S. Department of Health and Human Services, Administration on Aging. Other national data sources include <u>Health, United States, 1999, with Health and Aging Chartbook</u> published by the U.S. Department of Health and Human Services, National Center of Health Statistics, the Social Security Administration, and the U.S. Department of Education National Institute on Disability and Rehabilitation Research. National information on nursing homes is from the American Association of Homes and Services for the Aging <u>1998 Nursing Home Statistical Yearbook</u>, the American Health Care Association's <u>Facts and Trends: the Nursing Facility Sourcebook, 1999</u>.

Maryland information was obtained from the 1990 to 1998 Maryland Long Term Care Surveys and the 1995 through 1997 Subacute Care Surveys. Maryland population estimates and

projections were obtained from the Maryland Office of Planning and are based on June 1999 revisions with updates for Calvert County. Specific citations accompany the figures.